

**AMENDMENTS TO THE SPECIFICATION**

Please amend the Specification as follows:

On page 4 of the specification, please replace the paragraph beginning at line 13 with the following:

According to the present invention, there is provided a sanitary product for insertion into a human vagina, the product comprising an internally ~~worn~~ wearable absorbent plug and an externally ~~worn~~ wearable absorbent pad joined to one another by a sheath that opens through the pad and is elastic in only a circumferential direction, which allows for radial expansion, such that a wearer's finger can be received in the sheath to assist insertion.